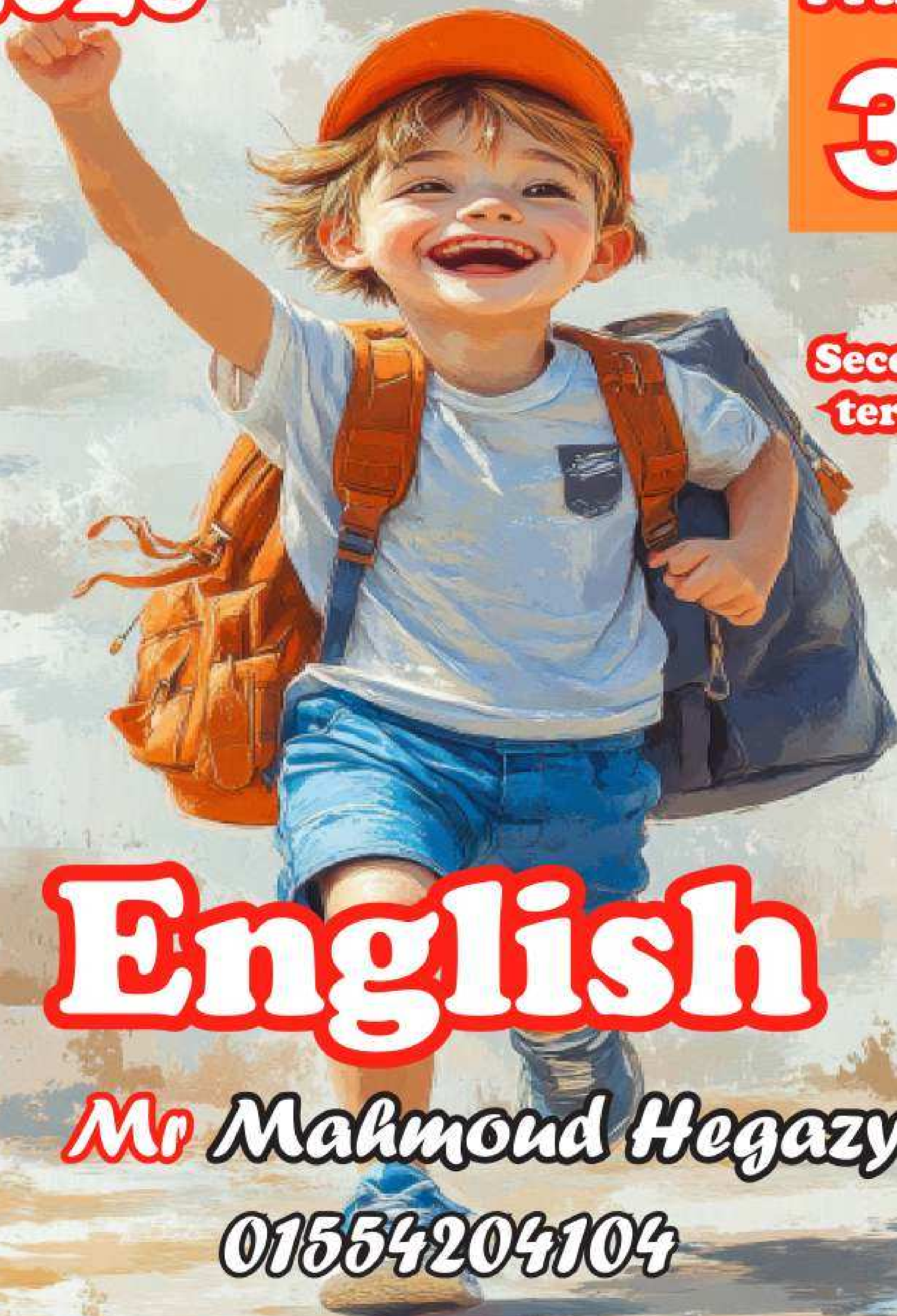
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Prim

3

Second term



English

Mr Mahmoud Hegazy

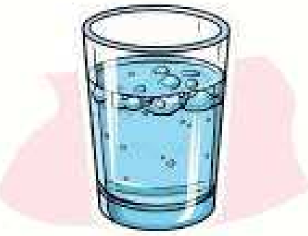
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1 Vocabulary

Key vocabulary



sugar
سكر



water
ماء



food
طعام



fruits
فاكهة



meat
لحم



vegetables
خضروات

Extra vocabulary

energy	طاقة	protein	بروتين
strong	قوي	vitamins	الفيتامينات
sickness	مرض	quick	سريع
health	صحة	hydrated	رطب
unhealthy	غير صحي		

Conjugation of verbs

Regular

Present		Past
dress	يرتدي	dressed
enjoy	يستمتع بـ	enjoyed

Irregular

Present		Past
give	يعطي	gave
grow	ينمو	grew
fight	يحارب/يقاوم	fought
build	يبني	built

11 Listening and Reading

• **Listen and identify.**

Food gives us energy to play, learn, and grow. Different foods give us different kinds of energy. Meat gives our body protein to make us strong. Fruits and vegetables give us vitamins to keep us healthy. They also help us

fight sickness. Sugar gives us quick energy, but too much sugar is not good for our health. Water is very important because it helps our body work well. When we eat the right food and drink enough water, we have good energy every day.

يمنحنا الطعام الطاقة للعب والتعلم والنمو، تُعطينا الأطعمة المختلفة أنواعاً مختلفة من الطاقة، تُزود اللحوم أجسامنا بالبروتين الذي يُقوينا، تُزودنا الفواكة والخضراوات بالفيتامينات للحفاظ علي صحتنا، كما أنها تُساعدنا علي مقاومة الأمراض، يُعطينا السكر طاقة سريعة، لكن الإفراط فيه مُضر بصحتنا، الماء مهم جداً لأنه يُساعد أجسامنا علي العمل بشكل جيد، عندما نتناول الطعام الصحيح ونشرب كمية كافية من الماء، نحصل علي طاقة جيدة كل يوم.

Determine the meaning of words in a text.

1. The underlined word "healthy" is the opposite of " .... " .

ⓐ unhealthy ⓑ good ⓒ strong

2. The underlined word "quick" means " .... " .

ⓐ weak ⓑ slow ⓒ fast

• Listen and read.

Seleem wakes up early. He washes himself and smiles. "I am hungry," he says. Seleem eats fruit and vegetables for breakfast. He drinks water to stay hydrated Later, Seleem plays football with his friends. He runs fast and feels strong. At lunch, he eats meat and rice. Seleem says to himself, "I have so much energy!"



His sister Leila wakes up and dresses herself. She tells herself to eat slowly. She enjoys bread and cheese with a glass of milk. Their friend Omar makes a salad for himself.

يستيقظ سليم مبكراً، يغتسل ويبتسم قائلاً : "أنا جائع"، يتناول سليم الفاكهة والخضروات في وجبة الإفطار، يشرب الماء ليحافظ علي رطوبة جسمه، لاحقاً يلعب سليم كرة القدم مع أصدقائه، يركض بسرعة ويشعر بالقوة، علي وجبة الغداء يتناول اللحم والأرز، يقول سليم لنفسه : "لدي طاقة هائلة"، تستيقظ أخته ليلي وترتدي ملابسها بنفسها، تحث نفسها علي الأكل ببطء، تستمتع بتناول الخبز والجبن مع كوب الحليب، أما صديقهما عمر فيعد لنفسه سلطة.

Moral :

Eat healthy food and drink water to have energy for the day.

المغزي : تناول الطعام الصحي وشرب المياه للحصول علي الطاقة اللازمة لليوم.

Demonstrate understanding of specific details in a text.

1. What does Seleem eat at lunch ?

- He eats meat and rice.

2. What does Omar make for himself ?

....

111 Language in Use

Reflexive Pronouns

We use "reflexive pronouns" when the subject and the object are the same person.
- For example, when you do something yourself.

نستخدم "الضمائر الانعكاسية" عندما يكون الفاعل والمفعول به هما نفس الشخص.
(علي سبيل المثال) عندما تفعل شيئاً ما بنفسك.

Subject pronouns	ضمائر الفاعل		Reflexive Pronouns	الضمائر المنعكسة
I	أنا	→	myself	نفسي
You	أنت/أنتم	→	yourself/yourselves	نفسك/أنفسكم
He	هو	→	himself	نفسه
She	هي	→	herself	نفسها
It	هو/هي لغير العاقل	→	itself	نفسه/نفسها لغير العاقل
We	نحن	→	ourselves	أنفسنا
They	هم	→	themselves	أنفسهم

Note

We can add "by" before reflexive pronouns. يمكن إضافة "by" قبل الضمائر المنعكسة.

ex :

- Omar dresses himself. (He)
- Nada flies the kite by herself. (She)
- The cat cleans itself. (It)
- Ali and Mazen make the bed by themselves. (They)

Pop Quiz on Language in Use

1 Choose the correct answer from a, b or c.

1. We painted the picture by ....
   (a) ourselves (b) himself (c) themselves
2. Take care of .... , girls.
   (a) herself (b) yourselves (c) himself
3. They cooked food for ....
   (a) himself (b) ourselves (c) themselves
4. I can wash .... in the morning.
   (a) myself (b) itself (c) herself

Unit 2

5. The boy hurt .... while playing.
ⓐ herself ⓑ himself ⓒ myself

6. I made this cake by ....
ⓐ himself ⓑ itself ⓒ myself

7. She should take care of ....
ⓐ herself ⓑ yourself ⓒ himself

8. We enjoyed .... at the party.
ⓐ themselves ⓑ ourselves ⓒ itself

9. The children can dress ....
ⓐ yourselves ⓑ ourselves ⓒ themselves

10. He taught .... to play the guitar.
ⓐ herself ⓑ himself ⓒ itself

2 Reorder the words to make correct sentences.

1. salad - The kids - themselves - made.

....

2. homework - do - I - my - myself - by.

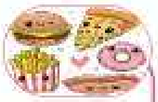
....

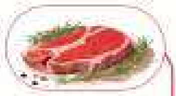
3. should - care - yourself - You - of - take.

....



Writing Corner

food

food

meat

meat

sugar

sugar

fruits

fruits

water

water

vegetables

vegetables

Practice

1 Choose the correct answer from a, b, or c:

1. Too much .... is bad for your body.
   ⓐ water ⓑ meat ⓒ sugar
2. She makes salad by ....
   ⓐ themselves ⓑ herself ⓒ ourselves
3. My mother cooks .... for dinner.
   ⓐ energy ⓑ meat ⓒ waret
4. I eat .... like apples and bananas.
   ⓐ vegetables ⓑ fruits ⓒ meat
5. We must drink .... to stay healthy.
   ⓐ sweets ⓑ sugar ⓒ waret
6. I like to eat .... food every day.
   ⓐ bad ⓑ water ⓒ healthy

2 Read and complete with the words below:

(vegetables - protein - eat)

I take care of myself. 1 .... healthy food. I eat 2 .... like carrots every day. I also eat fruits like apples and bananas. Meat gives us protein.

3 Read the text and answer the questions:

Food gives us energy to play, learn, and grow. Different foods give us different kinds of energy. Meat gives our body protein to make us strong. Fruits and vegetables give us vitamins to keep us healthy. They also help us fight sickness. Sugar gives us quick energy, but too much sugar is not good for our health. Water is very important because it helps our body work well. When we eat the right food and drink enough water, we have good energy every day.

A Choose the correct answer from a, b or c.

1. This text is about ....
   ⓐ Reading ⓑ Safety ⓒ Food
2. The opposit of the underlined word "strong" is ....
   ⓐ friendly ⓑ weak ⓒ healthy

B Answer the following questions:

3. Why is water important?

....

4. What do fruits and vegetables give us?

....

4 Reorder the words to make correct sentences:

1. must - We - vegetables - eat.

....

2. eat - day - every - I - fruits.

....

5 Punctuate the following:

1. laila wakes up and dresses herself

....

2. who makes a salad for himself

....

6 Write a paragraph of THREE (3) sentences using the words below.

"Food"

Guiding words

- energy
- give
- healthy

....
....
....
....
....

HOMEWORK

1 Choose the correct answer from a, b, or c:

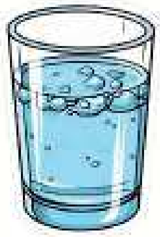
1. Rice and meat are my favorite ....
   ⓐ water ⓑ food ⓒ place
2. Eating .... like carrots and cucumbers help us stay strong.
   ⓐ sugar ⓑ meat ⓒ vegetables
3. Omar made a sandwich by ....
   ⓐ herself ⓑ himself ⓒ itself
4. Food gives us .... to play.
   ⓐ toys ⓑ tent ⓒ energy
5. The students enjoyed .... at the school party.
   ⓐ themselves ⓑ yourself ⓒ herself
6. She cleans the garden by ....
   ⓐ himself ⓑ herself ⓒ itself

2 Read and complete with the words below:

(cheese-hydrated - enjoy)

Ali : What do you eat for breakfast ?
Bassem : I eat 1 .... and bread.
Ali : Do you drink water in the morning ?
Bassem : Yes. I drink a lot of water to stay 2 ....

3 Look and rearrange the letters to make a word.

1

a e w t r
....

2

s r u f i t
....

3

o d o f
....

4 Read the text and answer the questions:

Eating healthy food makes us strong. Fruits and vegetables give us vitamins. Meat gives our body protein to make us strong. Healthy food also helps us fight sickness. Too much sugar is not good for our health. Drinking water is very important because it helps our body work well.

Unit 2

A Choose the correct answer from a, b or c.

1. Eating healthy food makes us ....
   ⓐ bad ⓑ angry ⓒ strong
2. Too much sugar is .... for our health.
   ⓐ good ⓑ not good ⓒ healthy

B Answer the following questions:

3. What do fruits and vegetables give us?

....

4. What is the importance of water?

....

5 Reorder the words to make correct sentences:

1. cat - itself - cleans - The.

....

2. myself - I - a cake - make - by.

....

3. day - fruits - I - every - eat.

....

4. enjoys - cheese - She - and - bread.

....

6 Punctuate the following:

1. water keeps us healthy

....

2. what is your favorite food

....



1 Vocabulary

Key vocabulary

Healthy Food


bread
خبز

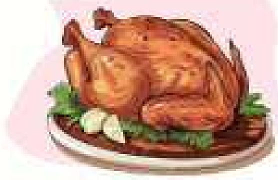

fish
سمك

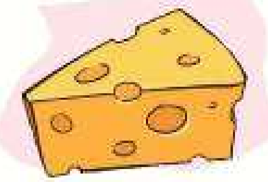

nuts
مكسرات

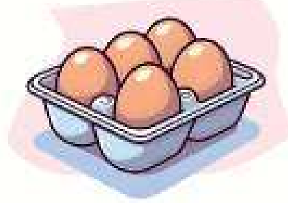


milk
لبن


rice
أرز


chicken
دجاج


cheese
جبنة


eggs
بيض

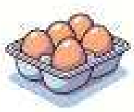
Important sentences


Milk is good for our bones. - اللبن جيد لعظامنا.

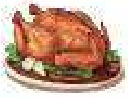

Cheese is rich in calcium. - الجبن غني بالكالسيوم.


Rice gives us energy. - الأرز يعطينا الطاقة.


Nuts are a good source of fats. - المكسرات مصدر جيد للدهون.


Eggs are full of protein. - البيض ممتلئ بالبروتين.


Bread is rich in carbohydrates. - الخبز غني بالكربوهيدرات.


Chicken is tasty and healthy. - الدجاج طعمه لذيذ وصحي.


Fish helps our brains grow. - السمك يساعد عقولنا في النمو.

Extra vocabulary

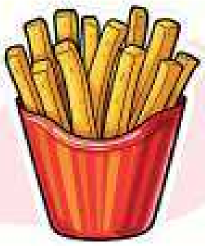
good for	مفيد لـ	fats	دهون
calcium	كالسيوم	brain	عقل
tasty	لذيذ/شهي	rich in	غني بـ
oil	زيت	carbohydrates	الكربوهيدرات
bones	عظام	salty	مالح

Unhealthy Food


lollipops
مصاصات


chips
بطاطس شيبسي


pizza
بيتزا


fries
بطاطس محمرة


cake
تورتة


sweets
حلوي


soda
صودا


cookies
بسكويت (كوكيز)

Important sentences


Sweets are bad for our teeth. - الحلويات ضارة بأسناننا.


Soda has too much sugar. - الصودا تحتوي علي الكثير من السكر.


Chips are salty snacks. - رقائق البطاطس وجبات خفيفة مالحة.


Fries are cooked in oil. - البطاطس المحمرة تُطهي في الزيت.


Cookies are not healthy snacks. - البسكويت (الكوكيز) وجبات خفيفة غير صحية.

Unit 2



Cake is not good for your body. - التورتة (الكيك) غير جيدة لجسمك.



Pizza has too much fat and salt. - البيتزا بها الكثير من الدهون والملح.



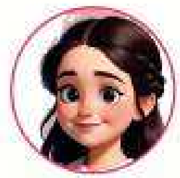
Lollipops are just sugar. - المصاصات ليست سوي سكر.

• Listen and read.



Maya: Good morning, Salma! What do you usually eat for breakfast?

صباح الخير، سلمي ! ماذا تأكلين عادةً علي الفطور ؟



Salma: I usually eat eggs and drink a glass of milk. They give me energy. What about you?

عادةً أكل البيض وأشرب كوباً من الحليب، إنهما يمنحاني الطاقة، ماذا عنك ؟



Maya: Hmm ... I like cake and soda.

أممم .... أنا أحب الكيك والصودا.



Salma: Really? Cake and soda in the morning?

حقاً ؟ الكيك والصودا في الصباح ؟



Maya: Yes, but I know they aren't very healthy.

نعم، لكنني أعلم أنهما ليسا صحيحين جداً.



Salma: You're right. Eggs and milk are healthy, but cake and soda are not good for you.

معك حق، البيض والحليب صحيان، لكن الكيك والصودا ليسا مفيدين لكِ.



Maya: True. So, what do you eat for lunch?

صحيح، إذاً ، ماذا تأكلين علي الغداء ؟



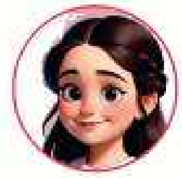
Salma: I often eat chicken and nuts. They help me stay strong.

غالباً ما أكل الدجاج والمكسرات، إنهما تساعدني علي البقاء قوية.



Maya: That sounds good! I usually eat pizza and fries

يبدو ذلك جيداً ! أنا عادةً أكل البيتزا والبطاطس المقلية.



Salma: Pizza and fries are tasty, but not healthy every day.

البيتزا والبطاطس المقلية لذيذتان، لكنهما ليستا صحيين كل يوم.



Maya: Yeah, maybe I'll try chicken and nuts instead.

نعم، ربما سأجرب الدجاج والمكسرات بدلاً من ذلك.

Checkpoint

1 Choose the correct answer:

1. (Rice - Bread - Milk) is good for our bones.
2. Eggs are full of (sugar - protein - salt).
3. Fish helps our (brain - feet - teeth) grow.
4. (Fish - Meat - Cookies) are not healthy snacks.
5. Cake is not (bad - good - unhealthy) for your body.
6. Pizza has too much (calcium - protein - fat) and salt.

2 Read and answer:

1. What does Salma usually eat and drink for breakfast?

....

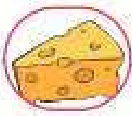
2. Who usually eats pizza and fries?

....

3. What food does Salma eat for lunch to stay strong?

....

Writing Corner

cheese 

cheese

rice 

rice

nuts 

nuts

lollipops 

lollipops

sweet 

sweet

fries 

fries

11 Phonics Focus

• Listen and repeat:

• Both "ea" and "ee" make the long /i:/ sound:

كلا الحرفين"ea" و "ee" يصدران صوت/:i/ الطويل :

ea /i:/



eat
يأكل



meat
لحم

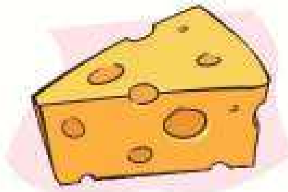


beans
فول

ee /i:/



sweet
حلو



cheese
جبنة



see
يري



green
أخضر

Checkpoint

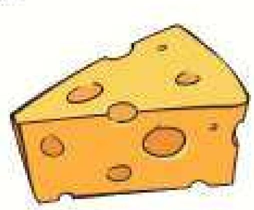
▶ Listen and write the missing letters:

1



m _ _ t

2



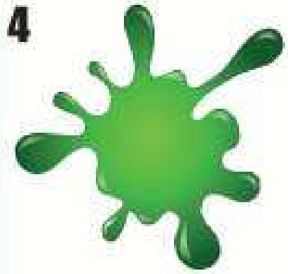
ch _ _ se

3



b _ _ ns

4



ge _ _n

Practice

1 Listen and write the missing letters:

1. _ _ t   2. s _ _   3. gr _ _ n   4. ch _ _ se

2 Choose the correct answer from a, b, or c:

1. We drink .... to make our bones strong.
   ⓐ soda   ⓑ milk   ⓒ sweets
2. .... is rich in calcium.
   ⓐ Cheese   ⓑ Nuts   ⓒ Rice
3. Cake is not .... for your body.
   ⓐ bad   ⓑ unhealthy   ⓒ good
4. Pizza has too much fat and ....
   ⓐ vitamins   ⓑ calcium   ⓒ salt
5. .... are small and healthy snacks.
   ⓐ Fries   ⓑ Nuts   ⓒ pizza
6. .... gives us protein.
   ⓐ Sugar   ⓑ Fries   ⓒ Meat
7. .... helps our brains grow.
   ⓐ Fish   ⓑ Chips   ⓒ Fries
8. .... are salty snacks.
   ⓐ Apples   ⓑ Lollipops   ⓒ Chips

3 Read and complete with the words below:

(vegetables - energy - healthy)

Ola : Do you like .... food?

Naur : Yes , I like fruits and ....

4 Read the text and answer the questions:

Many children like to eat snacks after school. Some snacks are unhealthy. Fries and cookies are unhealthy. Fries are cooked in oil. Cookies have too much sugar. Eating these snacks every day is not good for our bodies. It is better to eat fruits and nuts instead. These are healthy snacks. They give us energy.

A Choose the correct answer from a, b or c.

1. Unhealthy snacks have too much ....
   ⓐ protein   ⓑ calcium   ⓒ suger

2. Eating unhealthy snacks every day is .... for our bodies.
ⓐ good ⓑ bad ⓒ healthy

B Answer the following questions:

3. What do children like to eat?

....

4. How do healthy snacks help our bodies?

....

5 Reorder the words to make correct sentences:

1. calcium - in - is - rich - Milk.

....

2. for - you - breakfast - eat - What - do?

....

3. too - Pizza - much - fat - has.

....

4. instead - nuts - I'll - chicken - and - try.

....

6 Write a paragraph of THREE sentences (15 words) using the words below:

"Healthy and unhealthy foods"
(energy - milk - cake)

....
....
....
....
....

1 Vocabulary

Key vocabulary



stay in bed
يمكث في الفراش



wash
يغسل



rest
يستريح/راحة



exercise
تمرين/يتدرب/يتمرن



clean
ينظف



medicine
دواء

Extra vocabulary

habits	عادات	advice	نصيحة
washing	غسيل		

Conjugation of verbs

Regular

Present		Past
listen	يستمع	listened
need	يحتاج	needed

Irregular

Present		Past
forget	ينسي	forgot
feel	يشعر	felt

Important Expressions and Prepositions

take care of	يعتني بـ	take medicine	يتناول الدواء
keep my body healthy	أحافظ علي صحة جسمي	feel much better	يشعر بتحسن

Pop Quiz on Vocabulary

1 Choose the correct answer from a, b or c.

1. Ali is tired. He needs to ....
   ⓐ write ⓑ rest ⓒ read
2. We mustn't take .... without asking a doctor.
   ⓐ notes ⓑ shower ⓒ medicine
3. I stay in bed when I am ....
   ⓐ healthy ⓑ happy ⓒ sick
4. Drinking water and exercising are important healthy ....
   ⓐ snacks ⓑ habits ⓒ food
5. The doctor asked my grandpa to take the medicine and .... in bed.
   ⓐ forget ⓑ stay ⓒ exercise
6. Nurses take .... of sick people and help them feel better.
   ⓐ moral ⓑ water ⓒ care
7. I .... to -keep my body healthy.
   ⓐ exercise ⓑ clean ⓒ medicine

2 Look and rearrange the letters to make a word.

1

i s c k
....

2

e r x e s c i e
....

3

s t e r
....

11 Listening and Reading

• **Listen and read.**



I exercise to keep my body healthy.

أمارس الرياضة لكي أحافظ علي صحة جسمي.



I clean my room every day.

أنظف غرفتي كل يوم.

Unit 2



I rest to keep my body healthy.

أسترح لأحافظ علي صحة جسمي.



I wash my hands before I eat.

أغسل يدي قبل أن أكل.



I stay in bed when I am sick.

أمكث في الفراش عندما أكون مريضاً.



I take medicine when I am sick

أتناول الدواء عندما أكون مريضاً.

• **Listen and read.**

Maya Learns to Take Care of Herself
مايا تتعلم كيف تعتني بنفسها



Maya likes to play every day, but she often forgets to wash her hands and eat healthy food. One day, she felt sick. Her friend Salma said, "You must take care of yourself. Wash your hands, eat healthy food, rest, and exercise." Maya listened to Salma. She washed herself carefully, ate eggs and fruit, drank water, and rested when she felt tired. She also exercised a little every day. After a few days, Maya felt much better. She said, "I learned that I must take care of myself to stay healthy."

تحب مايا أن تلعب كل يوم، لكنها كثيراً ما تنسي أن تغسل يديها أو تأكل طعاماً صحياً، وفي يوم من الأيام شعرت مايا بالمرض، قالت لها صديقتها سلمي : "يجب أن تعتني بنفسك، اغسلي يديك، تناولي طعاماً صحياً.
استريحي ومارسي الرياضة"، استمعت مايا الي نصيحة سلمي، فغسلت نفسها جيداً وأكلت البيض والفواكة وشربت الماء، واستراحت عندما شعرت بالتعب، كما مارست بعض التمارين كل يوم.
وبعد أيام قليلة شعرت مايا بتحسن كبير، وقالت : "لقد تعلمت أن أعتنيبنفسي كي أبقي بصحة جيدة".

Moral :

Taking care of yourself helps you stay healthy and happy.

المغزي : الاعتناء بنفسك يساعدك علي البقاء في صحة جيدة وسعادة.

Unit 2

Writing Corner

exercise


exercise

wash


wash

clean


clean

sick


sick

medicine


medicine

rest


rest

HOMEWORK

1 Choose the correct answer from a, b, or c:

1. I .... my hands before I eat.
   ⓐ follow ⓑ paint ⓒ wash
2. .... helps us feel much better when we are sick.
   ⓐ Soda ⓑ Cake ⓒ Medicine
3. We make healthy snacks by ....
   ⓐ ourselves ⓑ themselves ⓒ yourself
4. .... exercise by themselves.
   ⓐ I ⓑ They ⓒ We
5. I take .... when I'm sick.
   ⓐ jump ⓑ run ⓒ rest
6. Ali learns to take care of ....
   ⓐ yourself ⓑ himself ⓒ ourselves

2 Read and complete with the words below:

(exercise - better - healthy)

Mona: What do you do to stay healthy ?

Heba : I follow some 1 .... habits.

Mona: What healthy habits do you follow ?

Heba : I 2 .... every day and drink a lot of water.

Mona: That's great. Taking care of ourselves helps us stay healthy.

3 Look and rearrange the letters to make a word.

1

h w s a
....

2

e r x e s c i e
....

3

n l e a c
....

4 Read the text and answer the questions:

Omar likes to play football with his friends. He runs and plays every afternoon. But sometimes he eats too many sweets and forgets to drink

water. One day, Omar felt tired. His teacher said, "You must eat healthy food, drink enough water, "and sleep well." Omar listened to his teacher. He ate vegetables and fruit, drank water, and went to bed early. After a few days, Omar felt strong and happy. He said, "I must take care of myself to stay healthy."

A Choose the correct answer from a, b or c.

1. The opposite of the underlined word "forgets" is "........................ ".
   ⓐ exercises ⓑ cleans ⓒ remembers
2. The main idea of the text is about " .... ".
   ⓐ Playing sports ⓑ Staying healthy ⓒ Drinking water

B Answer the following questions:

3. What does Omar do every afternoon ?

   ....

4. Name two healthy habits Omar followed.

   ....

5 Reorder the words to make correct sentences:

1. strong - Exercise - your - makes - body.

   ....

2. forgets - She - to - hands - wash - her.

   ....

6 Punctuate the following:

1. do you rest to keep your body healthy

   ....

2. he answers the questions himself

   ....

7 Write a paragraph of THREE [3] sentences using the words below.

"Staying healthy"

Guiding words

- rest
- exercise
- strong

....
....
....
....

1 Vocabulary

Key vocabulary



honey
عسل



soup
حساء/شوربة



yogurt
زبادي



menu
قائمة طعام



snack
وجبة خفيفة



breakfast
وجبة الافطار



lunch
وجبة الغداء



dinner
وجبة العشاء

meal	وجبة	plan	خطة
stomachache	ألم في المعدة		

Extra vocabulary

hungry	جائع	tired	متعب
amounts	كميات		

Conjugation of verbs

Irregular

Present		Past
Put	يضع	put
make	يعد/يصنع	made

Present		Past
tell	يخبر	told
have	يتناول	had

Important Expressions and Prepositions

for breakfast	في وجبة الإفطار	in the afternoon	في فترة بعد الظهر
in the right amounts	بالكميات المناسبة	have a stomachache	يعاني من ألم المعدة

11 Listening and Reading

• Look, Listen and read.


I eat yogurt with honey. أتناول الزبادي مع العسل.


We drink some soup when we're hungry. نحن نتناول الحساء عندما نكون جائعين.


I put a little honey in my yogurt. اضع القليل من العسل في الزبادي.


I eat breakfast at 7 am. أتناول وجبة الإفطار في السابعة صباحاً.


Lunch is my favorite meal. وجبتي المفضلة هي وجبة الغداء.


I eat dinner with my family. اتناول وجبة العشاء مع اسرتي.


I eat a healthy snack in the afternoon. اتناول وجبة صحية خفيفة في فترة ما بعد الظهيرة.


I made a healthy menu for today. اعددت قائمة طعام صحية لليوم.

• Listen and read.

Omar's Healthy Menu

قائمة عمر الصحية

Omar loved eating snacks like chips, cake, and soda. He did not eat many fruits or vegetables. One day, he felt tired and had a stomachache His teacher told him,. "Omar, you need to eat healthy foods like fruits, vegetable, and meat". Omar followed the advice. For breakfast, he ate an apple and drank some milk. For lunch, he had some rice and some salad. For a snack, he had yogurt. He felt strong and happy again.

كان عمر يحب تناول الوجبات الخفيفة مثل رقائق البطاطس والكيك والمشروبات الغازية، ولم يكن يأكل الكثير من الفاكهة أو الخضروات، وفي يوم من الأيام شعر بتعب وألم في معدته، فقالت له معلمته : "ياعمر، عليك أن تأكل أطعمة صحية مثل الفاكهة والخضروات واللحوم".
أخذ عمر بنصيحتها فكان في الإفطار يأكل تفاحة ويشرب بعض من الحليب، وفي الغداء كان يتناول بعض الأرز مع السلطة، وكان يأكل الزبادي كوجبة خفيفة، شعر بعدها بالقوة وعاد سعيداً من جديد.

Moral :

Eating healthy food in the right amounts helps your body tay strong and happy.

المغزي : تناول الطعام الصحي بالكميات المناسبة يساعد جسمك علي أن يبقي قوياً وسعيداً.

Demonstrate understanding of specific details in a text.

1. What snacks did Omar like to eat at first ?

- He liked cake, chips, and soda.

2. What did Omar have for lunch ?

....

Imperatives

III Language in Use

Countable and uncountable nouns

countable nouns

الأسماء التي (تُعد)

We can count them (one, two,)

- يمكن عدها باستخدام الأرقام.
- الأسماء التي (تعد) لها (مفرد وجمع).
- الاسم المفرد الذي (يُعد) يسبق بأداة نكرة (a/an).

an apple	apples	تفاح
a potato	potatoes	بطاطس
a tomato	tomatoes	طماطم
a sandwich	sandwiches	سندوتشات

Uncountable nouns

الأسماء التي (لا تُعد)

We can't count them individually.

- لايمكن عدها بصورة مفردة.
- الأسماء التي لا تعد (ليس لها جمع) وتعامل معاملة المفرد.
- الاسم الذي (لايعد) لا يُسبق بأداة نكرة (a/an).

rice	أرز	water	مياه
soup	حساء	sugar	سكر
cheese	جبن	milk	لبن
pasta	معكرونة	honey	عسل

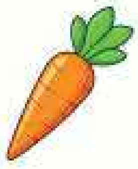
Remember

Using «a» and «an»

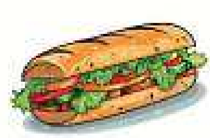
"a" We use "a" before a singular countable noun → starting with a consonant sound.

- تستخدم (a) قبل الاسم المفرد المعدود الذي يبدأ بصوت ساكن.

Consonants



a carrot



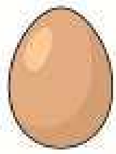
a sandwich

"an" We use "an" before a singular countable noun → starting with a vowel sound.
- تستخدم (an) قبل الاسم المفرد المعدود الذي يبدأ بصوت متحرك.

Vowels


an apple


an elephant


an egg


an umbrella


an insect

some

Usage : We use "some" with plural countable nouns and uncountable nouns.

- تستخدم " some" مع الأسماء الجمع المعدودة والأسماء الغير معدودة في الجمل الخبرية المثبتة.

1. Countable nouns : .1 مع الأسماء التي تعد :

some pens some chairs some eggs

▶ - I have some books.

2. Uncountable nouns : .2 مع الأسماء التي لا تعد لتشير الي كمية غير محددة :

some water some rice some salad

▶ - She has some honey.

Pop Quiz on Language in Use

1 Choose the correct answer from a, b or c.

1. I want to drink .... tea.
   ⓐ some ⓑ an ⓒ a
2. She eats .... egg for breakfast.
   ⓐ a ⓑ some ⓒ an
3. I always have .... soup for dinner.
   ⓐ a ⓑ an ⓒ some
4. There is .... bird in the tree.
   ⓐ some ⓑ a ⓒ an
5. The rabbit eats .... carrots.
   ⓐ two ⓑ an ⓒ a
6. I saw .... elephant in the zoo.
   ⓐ some ⓑ an ⓒ a
7. My brother had .... sandwiches for dinner.
   ⓐ an ⓑ three ⓒ a

8. I bought .... cheese from the supermarket.
ⓐ some ⓑ an ⓒ a

9. They always drink .... water before exercise.
ⓐ two ⓑ some ⓒ an

10. I put .... onion in the salad.
ⓐ some ⓑ a ⓒ an

11. We need some milk and .... eggs to make cookies.
ⓐ an ⓑ a ⓒ two

1111 Project

Steps for designing a menu

A Healthy Day Menu

"Healthy Day Menu" for breakfast, lunch, and snacks.



1. Plan your meals. Choose at least:
 2 hedlthy items for breakfast
 2 healthy items for lunch
 1 healthy snack
2. Draw pictures of each food item.
3. Label the foods in English.
4. Write one sentence for each meal.

Example: • "For breakfast, I eat eggs and drink milk."
5. Share your menu with the class. Explain why your menu is healthy.

1. ضع خطط لوجباتك، اختر علي الأقل :
عنصرين صحيين لوجبة الإفطار
عنصرين صحيين لوجبة الغداء
وجبة خفيفة صحية
2. أرسم صور لكل نوع من الطعام.
3. اكتب أسماء الأطعمة باللغة الانجليزية.
4. اكتب جملة واحدة لكل وجبة :
5. شارك القائمة مع الفصل واشرح لماذا قائمتك صحية.

Writing Corner

yogurt



yogurt

soup



soup

honey



honey

menu



menu

breakfast



breakfast

snack



snack

HOMEWORK

1 Choose the correct answer from a, b, or c:

1. Every morning, I have .... with my family.
   ⓐ lunch ⓑ breakfast ⓒ dinner
2. I drink some ....
   ⓐ menu ⓑ soup ⓒ dinner
3. There are two apples and .... orange in the basket.
   ⓐ a ⓑ some ⓒ an
4. They ate .... pasta at the restaurant.
   ⓐ a ⓑ an ⓒ some
5. Youssef eats .... apple for breakfast.
   ⓐ an ⓑ a ⓒ some
6. Mona loves eating .... like chips and popcorn.
   ⓐ breakfast ⓑ snacks ⓒ dinner

2 Read and complete with the words below:

(yogurt - advice - strong)

Healthy food is very important for us. Eating healthy food in the right amounts helps your body stay **1** .... and happy. Fruits and **2** .... are healthy snacks. They are good for our bodies. They give us energy.

3 Look and rearrange the letters to make a word.

1

n o y e h
....

2


n e u m
....

3

a n s k c
....

4 Read the text and answer the questions:

I am Sama. I usually eat eggs and drink a glass of milk. I like healthy food. Fruits, vegetables, milk, bread, rice, chicken, and fish are all healthy. Chips, sweets, pizza, and soda are unhealthy. Healthy food makes us strong and happy,

Unit 2

but unhealthy food makes us weak.

A Choose the correct answer from a, b or c.

1. Fruits and vegetables are .... food.
   ⓐ healthy ⓑ unhealthy ⓒ bad
2. Unhealthy food makes us ....
   ⓐ week ⓑ weak ⓒ happy

B Answer the following questions:

3. Which food does Sama like?

....

4. Why is it important to eat healthy food?

....

5 Reorder the words to make correct sentences:

1. brains - grow - Fish - our - helps.

....

2. rice - chicken - We - for dinner - and - eat.

....

6 Punctuate the following:

1. why is it important to eat healthy food

....

2. pizza is my favorite meal

....

7 Write a paragraph of THREE sentences (15 words) using the words below.

"A healthy meal"

Guiding words

• menu • healthy • chicken

....
....
....
....

Student's Book Corner

1 Circle the odd one out:

1. mi lk - eggs - candy - nuts
2. pizza - meat - fish - chicken
3. soda - cookies - cake - fish
4. chips - candy - nuts - soda
5. chicken - fish - lollipops - eggs

2 Choose the correct reflexive pronoun:

1. I made this cake al l by (himself - myself).
2. She taught (himself - herself) to play the guitar.
3. We enjoyed (themselves - ourselves) at the party.
4. You should take care of (yourself - itself).
5. The children can dress (themselves - ourselves).

3 Complete the sentences with the correct word:

(exercise - wash - clean - sick - rest - medicine)

1. I .... my hands before I eat.
2. I .... every morning to stay strong.
3. I stay in bed when I am ....
4. I .... my room every day.
5. I need to .... when I feel tired.
6. I take .... when I am sick.



Test on Unit 2

1 Listen and write the missing letters:

1. tr _ _ 2. sw _ _ t 3.m _ _ t 4.b _ _ ns

2 Choose the correct answer from a, b, or c:

1. I .... my room every day.
   ⓐ clean ⓑ wash ⓒ stay
2. Sweets and .... have too much sugar.
   ⓐ chicken ⓑ lollipops ⓒ chips
3. I put .... honry in the yogurt.
   ⓐ an ⓑ a ⓒ some
4. The girls made chocolate cake by ....
   ⓐ yourselves ⓑ themselves ⓒ herself
5. He prepared breakfast by ....
   ⓐ himself ⓑ herself ⓒ itself
6. He .... a snack in the afternoon.
   ⓐ goes ⓑ plays ⓒ takes

3 Read and complete with the words below:

(health - protein - vegetables)

Food gives us energy to play, learn and grow. Meat gives our body 1 .... to make us strong. Fruits and 2 .... give us vitamins to keep us strong. Sugar gives us quick energy, but too much sugar is bad for our health.

4 Look and rearrange the letters to make a word:

1


r a u s g
....

2

o k c o e i s
....

3


o g r y u t
....

5 Read the text and answer the questions:

Maya likes to play every day, but she often forgets to wash her hands and eat healthy food. One day, she felt sick. Her friend Salma said, " You must take

care of yourself. Wash your hands, eat healthy food, rest and exercise." Maya listened to Salma. She washed herself carefully, ate eggs and fruit, drank water, and rested when she felt tired. She also exercised a little every day.

After a few days, Maya felt much better. She said, " I learned that I must take care of myself to stay healthy."

A Choose the correct answer from a, b or c.

1. The underlined phrase " take care of" means " .... " .
   ⓐ look after ⓑ find out ⓒ worry about
2. Maya .... when she felt tired.
   ⓐ walked ⓑ rested ⓒ exercised

B Answer the following questions:

3. What is the text about ?
   ....
4. How did Maya feel after taking care of herself ?
   ....

6 Reorder the words to make correct sentences:

1. felt - and - happy - He - strong.
   ....
2. bones - Milk - good - is - our - for.
   ....

7 Punctuate the following:

1. eating unhealthy food is bad for you
   ....
2. what do you eat for lunch
   ....

8 Write a paragraph of THREE [3] sentences using the words below.

"Healthy food"

Guiding words :

• milk • bones • calcium

....
....
....

Unit 2

HOMEWORK

1 Listen and write the missing letters:

1. sw _ _ t   2. gr _ _ n   3. _ _ t   4.ch _ _ se

2 Choose the correct answer from a, b, or c:

1. The children cleaned the classroom by ....
   ⓐ ourselves ⓑ yourself ⓒ themselves
2. I drink milk and eat eggs for ....
   ⓐ lunch ⓑ breakfast ⓒ snack
3. We must .... our hands before we eat.
   ⓐ wash ⓑ stay ⓒ rest
4. Mariam cleaned her room all by ....
   ⓐ myself ⓑ himself ⓒ herself
5. I need .... honey for the yougurt.
   ⓐ a ⓑ an ⓒ some
6. .... has too much fat and salt.
   ⓐ Pizza ⓑ Milk ⓒ Apples

3 Read and complete with the words below:

(exercise - water - reste)

Amira wakes up early. She eats fruits and yogurt. She drinks water and does 1 .... in the garden. At school, she eats lunch and drinks juice. At night, Amira 2 .... and sleeps early.

4 Look and rearrange the letters to make a word:

1

o u s p
....

2

e m a t
....

3


u s g a r
....

5 Read the text and answer the questions:

Omar loved eating snacks like chips, cake, and soda. He did not eat many fruits or vegetables. One day, he felt tired and had a stomachache. His teacher

told him, "Omar, you need to eat healthy foods like fruits, vegetables, and meat". Omar followed the advice. For breakfast, he ate an apple and drank some milk". For lunch, he had some rice and some salad. For a snack, he had yogurt. He felt strong and happy again.

A Choose the correct answer from a, b or c.

1. Omar had a/an .... because of eating unhealthy food.
   ⓐ accident ⓑ stomachache ⓒ headache
2. The opposite of the underlined word "happy" is ....
   ⓐ sad ⓑ lazy ⓒ strong

B Answer the following questions:

3. What is the general idea of the text?

   ....

4. What's Omar's teacher's advice?

   ....

6 Reorder the words to make correct sentences:

1. made - today - I - a healthy - for - menu.

   ....

2. chips - He - a lot of - ate.

   ....

7 Punctuate the following:

1. omar ate healthy food

   ....

2. how does eating healthy food help our bodies

   ....

8 Write a paragraph of THREE [3] sentences using the words below.

"Your favorite healthy meals"

Guiding words :

- dinner
- yogurt
- honey

....
....
....

Important topics

تعتبر مهارة الكتابة الأساسية للتعبير عنفكرة أو موضوع لذا يجب استخدام جمل وأفكار مترابطة.
قم بقراءة هذه الجمل لتساعدك علي التعامل مع مهارة الكتابة.

1 Foof for energy



Food gives us energy to play, learn and grow. We must eat fruits and vegetables to stay healthy. They give us vitamins. Meat gives our body protein. Sugar gives us quick energy. Water is important to us.

2 Healthy and unhealthy food



We must eat different kinds of food to stayhealthy. Milk is good for our bones Cheese is rich in calcium. Rice gives us energy. Bread is rich in carbohydrates. Nuts are a good source of fats. Chips, sweets, fries and cookies are unhealthy foodl. Soda has too much sugar. Sweets are bad for our teeth.

3 Staying healthy



I exercise to keep my body healthyl. I clean my room every day. I wash my hands before I eat. I rest when I feel tired.

4 My healthy plan



I decided to eat healthy food. I eat yogurt with honey. I drink some soup when I am hungry. I eat a healthy snack in the afternoon.